

# Weight loss that's free.

## A difference that's real.



## Convenient online program. Real results.

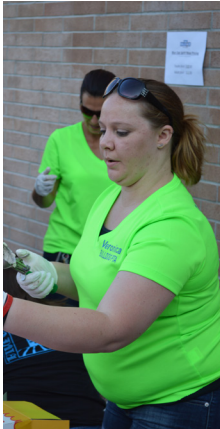
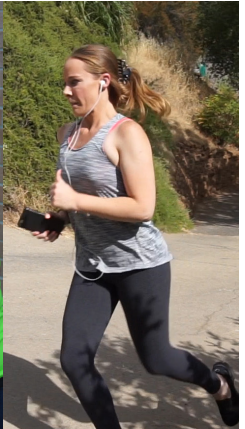
**Real Appeal®** is a free\* online weight loss program available to you as part of your employee benefits.

**With Real Appeal you get:**

- A **Transformation Coach** who leads weekly online group sessions.
- **Online tools** to help track your food, activity, and weight loss progress.
- A **Success Kit** with recipes, scales, workout DVDs, and more — shipped right to your door.



### A Real Appeal Success Story

	
BEFORE	AFTER
<b>Veronica</b> Real Appeal Member	<b>38</b> lbs lost

Real Appeal members who attended 4 or more sessions during the program lost 10 pounds on average. Talk to your doctor before starting any weight loss program.

Join Real Appeal for free at  
[nebraska.realappeal.com](http://nebraska.realappeal.com)

For the best experience, access Real Appeal from your own device.

**NEBRASKA**  
DEPT. OF ADMINISTRATIVE SERVICES

**Real  
Appeal®**

\*Real Appeal is available at no additional cost to teammates with our UnitedHealthcare insurance plan, their covered spouses and dependents 18 or over with a BMI of 23 and higher, subject to eligibility.

Copyright © 2019 Real Appeal, Inc. All Rights Reserved.

# The Real Appeal experience.

## Invitation to Enroll

You will receive an invitation to enroll in Real Appeal or you can enroll with a provided URL.

## Digital Tools

The mobile app gives you access to online tools that help track food, activity and weight loss progress.

## Personalized Coaching

You may be eligible for personalized coaching with your Transformation Coach for one-on-one guidance.



## Our members have seen results.<sup>1</sup>

**480K+**  
**Participants**



1. Real Appeal Book of Business through January '18, 4+ session attendance of at-risk participants.

Join Real Appeal for free at  
**nebraska.realappeal.com**

**Real  
Appeal®**